

Appendices

STORIES ARE ALIVE

1. THE POWER OF WISHING

a. Key theme in details:

- i. Wishing serves as a fundamental aspect of storytelling, often driving characters to action and shaping narrative trajectories.
- ii. Characters typically express wishes as desires to escape hardship or change their circumstances, setting the story in motion.
- iii. The fulfillment of wishes often leads to unexpected outcomes, challenging characters and providing opportunities for growth.

b. Important points writer must remember:

- i. Wishing establishes a clear goal or desire for characters, creating a sense of purpose and direction in the narrative.
- ii. Audiences often identify with characters' wishes, investing emotionally in their journey and outcomes.
- iii. Stories use wishing as a mechanism to explore themes of aspiration, agency, and the consequences of desire.

c. Examples:

- i. In "The Wizard of Oz," Dorothy's wish to escape her mundane life propels her into the fantastical land of Oz.
- ii. Scarlett Johansson's character in "Lost in Translation" articulates a wish for emotional peace, setting the tone for the film's exploration of connection and isolation.
- iii. The tale of "Rumpelstiltskin" exemplifies how characters' wishes drive the plot forward, leading to both triumph and tribulation.

2. WANTS vs. NEEDS

a. Key theme in details:

- i. Stories often explore the dichotomy between characters' wants and their underlying needs, highlighting the complexity of desire and fulfillment.
- ii. Characters may pursue immediate wants, only to discover deeper, more meaningful needs through their experiences.
- iii. The narrative tension arises from the conflict between characters' wants and the lessons they must learn to fulfill their true needs.

b. Important points writer must remember:

- i. Wants represent characters' superficial desires, while needs reflect their deeper emotional or moral requirements.
- ii. Stories use obstacles and challenges to guide characters toward recognizing and addressing their underlying needs.
- iii. The resolution of characters' arcs often involves a reconciliation between their initial wants and their discovered needs.

c. Examples:

- i. In "Rumpelstiltskin," the girl initially wants to escape her predicament through magical intervention but ultimately needs to learn the value of honesty and responsibility.
- ii. Classic tales like "Macbeth" illustrate how characters' unchecked wants lead to their downfall, while their true needs remain unfulfilled.
- iii. By distinguishing between characters' wants and needs, stories convey nuanced lessons about personal growth and fulfillment.

3. THE WISHES OF THE AUDIENCE

a. Key theme in details:

- i. Audience engagement relies on the alignment of viewers' wishes with those of the characters, fostering emotional investment and narrative immersion.

- ii. Successful storytelling involves understanding and fulfilling audience desires, particularly for resolution and justice.
- iii. Audience expectations shape narrative conventions and influence the portrayal of characters' fates and outcomes.

b. Important points writer must remember:

- i. Audience wishes often mirror those of the characters, leading to empathetic connections and emotional resonance.
- ii. The fulfillment of audience wishes contributes to narrative satisfaction and overall reception of the story.
- iii. Stories that defy or subvert audience wishes risk disengagement or dissatisfaction unless done purposefully to challenge conventions or expectations.

c. Examples:

- i. Viewers typically root for protagonists to achieve their goals and overcome obstacles, aligning their wishes with the narrative trajectory.
- ii. Stories like "Remains of the Day" may challenge audience wishes by denying conventional resolutions, prompting reflection and deeper engagement.
- iii. The success of stories often hinges on their ability to satisfy audience wishes for justice, closure, or character growth.

4. PROGRESSING FROM WISHING TO WILLING

a. Key theme in details:

- i. Characters evolve from wishing to willing as they confront obstacles and strive to achieve their goals through determined action.
- ii. Willing represents a more focused and persistent form of intention, capable of withstanding setbacks and adversity.

- iii. The development of willpower enables characters to take responsibility for their actions and pursue meaningful change.

b. Important points writer must remember:

- i. Willing involves a deliberate commitment to pursuing goals, often in the face of resistance or uncertainty.
- ii. Characters' progression from wishing to willing reflects their growth and maturity throughout the narrative.
- iii. Stories use challenges and conflicts to test characters' willpower and resolve, demonstrating the transformative power of determination.

c. Examples:

- i. Martial arts films often depict characters' journey from wishing to willing, emphasizing the discipline and perseverance required for mastery.
- ii. Characters like the girl in "Rumpelstiltskin" transition from passive wishing to active willing as they confront obstacles and take agency in shaping their fate.
- iii. The resolution of stories often hinges on characters' ability to harness their willpower and drive, achieving their goals through focused determination and action.

POLARITY

THE RULES OF POLARITY

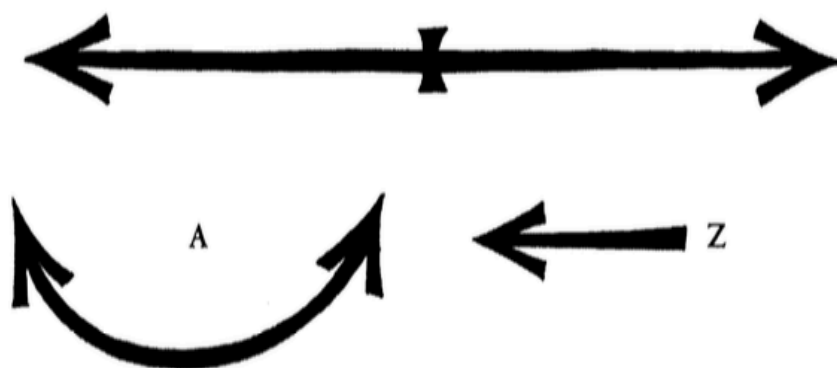
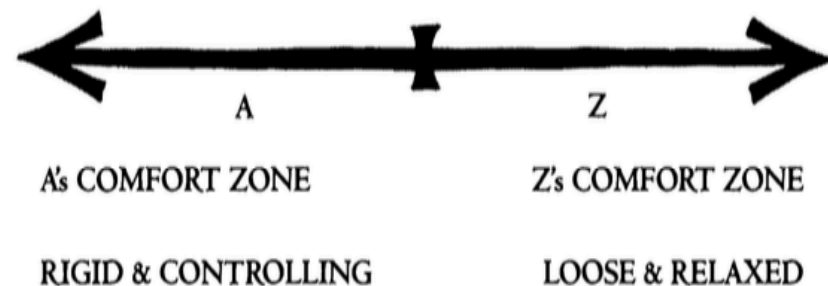
OPPOSITES ATTRACT

1. **Key theme in details:** Opposites attract, creating a magnetic dynamic that draws characters together.
2. **Important points writer must remember:**

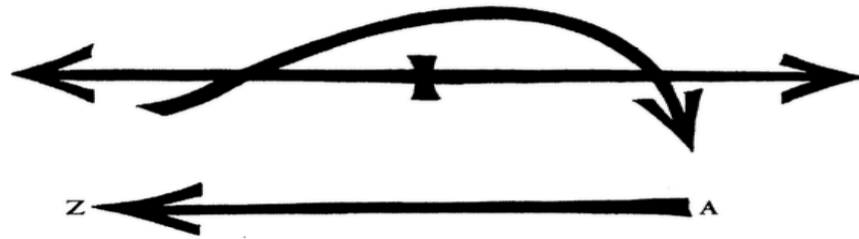
- Contrasting characters can be drawn to each other due to complementary qualities.
- The clash of differences between characters holds the audience's attention.

3. Examples:

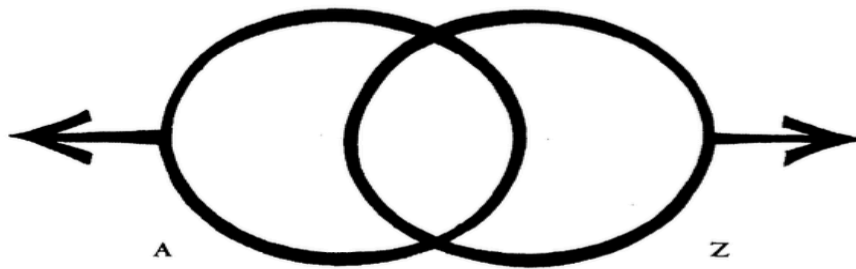
- Lovers with contrasting personalities finding balance in their relationship.
- Hero and villain engaged in a struggle due to radically opposed ways of perceiving reality.



UNDER PRESSURE FROM Z, A BEGINS TO OSCILLATE,
EXPERIMENTING WITH EXTREMES OF BEHAVIOR.



A EXPERIENCES TEMPORARY REVERSAL OF POLARITY, PUSHING Z TOWARDS OPPOSITE POLE.



A AND Z RETURN TO NATURAL COMFORT ZONES, BUT CLOSER TO THE CENTER, WITH EXPANDED POSSIBILITIES ALLOWING EXPERIENCE OF BOTH SIDES OF THE POLARITY.

POLARIZED CONFLICT ATTRACTS THE AUDIENCE

1. **Key theme in details:** Polarized relationships generate conflict, which is inherently attractive to audiences.
2. **Important points writer must remember:**
 - Conflict, like magnetic energy, automatically draws attention.
 - Polarized conflicts in storytelling focus the audience's attention on the characters and their struggles.
3. **Examples:**
 - Nations engaged in polarized conflicts due to radically opposed ideologies.
 - Characters in a story engaged in a power struggle due to conflicting goals and values.

POLARITY CREATES SUSPENSE

1. **Key theme in details:** Polarity generates suspense about the outcome of conflicts and character interactions.

2. Important points writer must remember:

- Audiences are intrigued by the resolution of polarized situations.
- The uncertainty of which worldview or character will prevail keeps audiences engaged.

3. Examples:

- Audiences eagerly await the resolution of conflicts between characters with opposing beliefs.
- Suspense is built as characters navigate the consequences of their choices along polarized lines.

POLARITY CAN REVERSE ITSELF

1. Key theme in details: Polarity can shift, changing from attraction to repulsion, creating dramatic tension.

2. Important points writer must remember:

- Reversals of polarity add depth and complexity to character relationships.
- Changes in polarity can occur gradually or suddenly, depending on the narrative needs.

3. Examples:

- Two characters initially drawn together by shared goals may later become adversaries due to conflicting interests.
- A sudden revelation can reverse the polarity of a relationship, altering the dynamics between characters.

REVERSALS OF FORTUNE

1. Key theme in details: Reversals of fortune dramatically alter the circumstances and outcomes for characters.

2. Important points writer must remember:

- Reversals of fortune provide pivotal moments of tension and conflict within a story.
- These reversals often evoke strong emotional responses from the audience.

3. Examples:

- A sudden change in luck propels the protagonist from success to failure, or vice versa.
- Unexpected twists in the plot lead to dramatic shifts in the characters' situations and motivations.

ARISTOTLE'S CONCEPT OF REVERSAL

1. **Key theme in details:** Aristotle's concept of reversal, or peripeteia, drives emotional engagement by surprising the audience.
2. **Important points writer must remember:**
 - Reversals of fortune evoke emotions such as pity and terror in the audience.
 - These reversals often occur at critical junctures in the story, heightening the narrative tension.
3. **Examples:**
 - Moments of recognition or revelation that fundamentally alter characters' understanding of themselves or others.
 - Unexpected turns of events that challenge characters' assumptions and beliefs, leading to a shift in their fortunes.

CATASTROPHIC REVERSAL

1. **Key theme in details:** Catastrophic reversals represent significant downturns in characters' fortunes, often leading to tragic outcomes.
2. **Important points writer must remember:**
 - Catastrophic reversals serve as major turning points in the narrative, driving the plot towards its climax.
 - These reversals can result from characters' own actions or external circumstances beyond their control.
3. **Examples:**

- The sudden and devastating loss of a character's loved one, leading to a downward spiral of despair.
- Betrayal by a trusted ally or friend, causing irreparable damage to the protagonist's goals and relationships.

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RECOGNITION

1. **Key theme in details:** Recognition scenes reveal hidden truths or identities, often leading to significant changes in characters' relationships and fortunes.
2. **Important points writer must remember:**
 - Recognition scenes serve as moments of revelation and emotional catharsis for characters and audiences alike.
 - These scenes often mark key turning points in the narrative, leading to resolution or further conflict.
3. **Examples:**
 - The unmasking of a secret identity, leading to newfound understanding and acceptance among characters.
 - Reunions between long-lost relatives or lovers, bringing closure to unresolved conflicts and misunderstandings.

ROMANTIC REVERSALS

1. **Key theme in details:** Romantic relationships in storytelling often undergo cycles of attraction and repulsion, leading to dynamic character development.
2. **Important points writer must remember:**
 - The ebb and flow of romantic attraction adds depth and complexity to character relationships.
 - Romantic reversals contribute to the emotional stakes of the narrative, keeping audiences invested in the outcome.
3. **Examples:**

- Lovers initially drawn to each other's differences, only to later experience conflict and separation.
- Characters overcoming initial animosity to develop a deep and lasting romantic bond.

POLARITY AND THE CHARACTER ARC

1. **Key theme in details:** Polarized relationships between characters drive dynamic character arcs, leading to personal growth and change.
2. **Important points writer must remember:**
 - Polarized relationships provide fertile ground for exploring characters' strengths, weaknesses, and motivations.
 - The resolution of polarized conflicts often mirrors characters' internal journeys and transformations.
3. **Examples:**
 - Buddy comedies/adventures featuring mismatched protagonists who learn from each other's contrasting perspectives.
 - Characters navigating polarized relationships that challenge their beliefs and values, ultimately leading to self-discovery.

THE DOCTRINE OF CHANGE

1. **Key theme in details:** Polarized relationships stimulate change and growth in characters, leading to new perspectives and behaviors.
2. **Important points writer must remember:**
 - Characters undergo incremental shifts in their beliefs and behaviors as they navigate polarized conflicts.
 - Change is essential for character development and narrative progression.
3. **Examples:**
 - Characters experimenting with unfamiliar behaviors and attitudes due to exposure to polar opposites.

- Incremental changes in characters' outlooks and actions as they confront and adapt to polarized situations.

GOING TO EXTREMES:

1. Key theme in details:

Characters often experiment with extreme behaviors when exposed to polarized situations.

Extreme behaviors may result in comedic or tragic outcomes.

2. Important points writer must remember:

Characters may overcompensate when trying to adopt behaviors opposite to their nature.

Extremes help characters explore unfamiliar territories and learn from their experiences.

3. Examples:

In "The Nutty Professor," the protagonist, initially shy and reserved, experiments with confidence but goes overboard, becoming obnoxious.

"Trading Places" showcases characters walking in each other's shoes, experiencing extremes of behavior and their consequences.

REVERSAL OF THE REVERSAL:

1. Key theme in details:

- Characters often undergo more than one reversal of polarity throughout a story.
- Reversals serve as learning experiences, but characters typically return to their true natures.

2. Important points writer must remember:

- Dramatic reversals add depth to character development and plot progression.
- Characters evolve incrementally rather than making drastic, permanent changes.

3. Examples:

- In "Fargo," the protagonist's sudden involvement in crime represents a reversal, but ultimately, he returns to his initial state.
- "Liar, Liar" features a character forced to tell the truth, a significant reversal, but he eventually reverts to his habitual behavior, albeit with newfound honesty.

POLARITY SEEKS RESOLUTION:

1. Key theme in details:

- Polarized conflicts often seek resolution through a third way that reconciles opposing viewpoints.
- Resolving polarity results in character growth and narrative closure.

2. Important points writer must remember:

- Resolution may involve a return to the protagonist's original stance but with newfound understanding.
- The resolution of polarized conflicts contributes to thematic cohesion and narrative satisfaction.

3. Examples:

- In "Red River," the conflict between two opposing male characters is resolved by acknowledging their mutual respect and love.
- "Titanic" resolves the polarity between social classes by emphasizing the common humanity shared by all passengers in the face of disaster.

POLARIZED UNIVERSES:

1. Key theme in details:

- Polarities exist not only within characters but also on larger scales, such as cultures, societies, or ideologies.
- Stories often depict conflicts between polarized universes to explore overarching themes.

2. Important points writer must remember:

- Polarized universes provide a backdrop for exploring fundamental human conflicts and values.

- By portraying clashes between opposing forces, stories can address complex societal issues.

3. Examples:

- "The Terminator" series depicts a conflict between humans and machines, exploring themes of technology, humanity, and control.
- "Platoon" examines contrasting approaches to war within a military unit, reflecting broader societal divisions and moral dilemmas.

INNER-POLARITY:

1. Key theme in details:

- Inner-polarity refers to the conflicting forces or qualities within a character's psyche.
- Characters often struggle with opposing desires, beliefs, or emotions, leading to internal conflict.
- Resolving inner-polarity is often a central journey for characters, driving their development and growth.

2. Important points writer must remember:

- Inner-polarity adds depth to characters by portraying them as multidimensional and human.
- Characters may undergo internal struggles that mirror external conflicts, contributing to thematic resonance.
- Resolving inner-polarity typically involves self-discovery, acceptance, or reconciliation of conflicting aspects of the self.

3. Examples:

- In "Fight Club," the protagonist grapples with his alter ego, Tyler Durden, representing his conflicting desires for conformity and rebellion.
- "The Catcher in the Rye" depicts Holden Caulfield's inner conflict between adolescent rebellion and longing for connection and stability.

- Darth Vader's internal struggle between the light and dark sides of the Force in the "Star Wars" saga exemplifies inner-polarity on an epic scale.

AGON:

1. Key theme in details:

- Agon represents the force of struggle and conflict, prevalent in creation myths, religious rituals, and ancient dramas.
- It personifies abstract qualities like luck, love, war, and victory, embodied in the Greek god Agon.
- Agon is associated with athletic events, contests, and legal disputes, symbolizing judgment and competition.

2. Important points writer must remember:

- Agon's influence extends to modern storytelling, seen in protagonist-antagonist dynamics and expressions like "the agony of defeat."
- The word "agony" originates from Agon, highlighting the painful nature of struggle and conflict.
- Agon can manifest in personal challenges, philosophical debates, and societal competitions.

3. Examples:

- In ancient Greek drama, the "agon" was a formal debate between characters presenting contrasting views on public issues.
- Modern entertainment, such as movies like "Wall Street" and TV shows like "The West Wing," dramatize philosophical debates or clashes of lifestyles.
- Personal agon can include struggles between different aspects of an individual's personality or external challenges they face.

AGON: THE ARGUMENT OF THE PLAY

1. Key theme in details:

- In ancient Greek drama, the "agon" was a formal debate between characters, judged by a chorus, presenting contrasting views on public issues.
- It serves as the main philosophical debate or clash of lifestyles in plays, novels, or film scripts, often representing current social issues.

2. Important points writer must remember:

- Agon in storytelling reflects philosophical debates or clashes of lifestyles, as depicted in various forms of media.
- The structure of an agonic debate provides a framework for exploring complex social issues or moral dilemmas within narratives.

3. Examples:

- Movies like "A Few Good Men" and TV shows like "The West Wing" showcase agonic debates about pressing social issues.
- The formal competitions in ancient Greek drama serve as metaphors for contemporary debates and conflicts portrayed in modern storytelling.

MODERN-DAY PUBLIC AGON:

1. Key theme in details:

- Agon among the Greeks and Romans referred to formal competitions to determine skill superiority, similar to modern awards systems.
- These competitions ranged from singing, composing plays, delivering speeches to sports events, organized at local, regional, and national levels.

2. Important points writer must remember:

- Modern equivalents of agonic competitions include sports leagues, game shows, and competitive reality programs.

- The structure of these competitions mirrors ancient agon, leading to final contests between top contenders.

3. Examples:

- Annual sports events, talent shows, and award ceremonies exemplify modern-day agonic competitions.
- The progression from local to national competitions in various fields reflects the enduring relevance of agon in contemporary society.

THE PERSONAL AGON:

1. Key theme in details:

- Personal agon encompasses challenges that pit different aspects of an individual's makeup against each other or external adversities they face.
- It can involve struggles with laziness, creative endeavors, or coping with adverse circumstances like birth defects or injustices.

2. Important points writer must remember:

- Personal agon reflects internal conflicts or external challenges individuals encounter in their lives.
- The concept underscores the enduring relevance of agon in understanding human experiences and motivations.

3. Examples:

- The struggle of an artist with their creative work represents a personal agon, reflecting the clash between creativity and external obstacles.
- Coping with disabilities, accidents, or injustices can also constitute personal agon, showcasing the resilience and determination of individuals.

POLARITY GIVES ORIENTATION:

1. Key theme in details:

- Polarity in storytelling provides orientation by establishing contrasting forces, such as good versus evil or power dynamics between characters.
- It aids the audience in aligning with characters and understanding the direction of the narrative, from basic moral binaries to complex psychological dynamics.

2. Important points writer must remember:

- Polarity simplifies storytelling by delineating clear distinctions between characters, situations, and moral frameworks.
- While polarity is essential for narrative clarity, overly simplistic portrayals can hinder audience engagement and believability.

3. Examples:

- White hats versus black hats in Westerns symbolize the clear-cut moral dichotomy, aiding audience alignment with protagonists and antagonists.
- Psychological dramas explore nuanced polarities, revealing shifting power dynamics and moral ambiguities within characters and situations.

CONCLUSION:

1. Key theme in details:

- Polarities are effective tools for organizing reality and storytelling, providing clarity and structure to narratives.
- While polarities simplify complex situations, they can also oversimplify and detract from nuanced storytelling if misused.

2. Important points writer must remember:

- Audiences appreciate nuanced storytelling that incorporates shades of gray alongside clear polarities, reflecting the complexity of human experiences.

- Polarities serve as conceptual frameworks for exploring themes of conflict, change, and resolution in storytelling.

3. Examples:

- Stories with well-developed characters and layered conflicts resonate more with audiences, as they reflect the multifaceted nature of real-life situations.
- Polarities in storytelling can unite audiences through shared emotional experiences, transcending divisions and fostering empathy and understanding.

CATHARISIS

INTRODUCTION:

1. Key Theme in Detail:

- Catharsis, originating from Aristotle's concept, refers to the sudden release of emotions triggered by entertainment, art, or psychological insights.
- Its roots trace back to early human rituals and dramatic experiences aimed at mastering or appeasing primal forces.

2. Important Points to Remember:

- Scholars have debated Aristotle's exact meaning of catharsis, which remains ambiguous due to the fragmented nature of his surviving works.
- Catharsis is interpreted as a purification or purging of emotions, essential for psychological well-being and societal harmony.

3. Examples:

- The use of candles in dark places, such as caves or crypts, induces a sense of wonder and animates surroundings, resembling theatrical effects.

- Ancient rituals, like those performed in cave settings, aimed to induce cathartic experiences through darkness, isolation, and dramatic presentations.

DRAMA'S ORIGINS:

1. Key Theme in Detail:

- Drama, narrative, art, religion, and philosophy find their origins in early human rituals and storytelling, often intertwined with the natural world and spiritual beliefs.

2. Important Points to Remember:

- Early human societies utilized rituals, cave paintings, and dramatic enactments to connect with primal forces, express beliefs, and convey cultural values.
- Transitioning from nomadic to settled life led to the evolution of dramatic forms, incorporating seasonal rhythms and religious symbolism.

3. Examples:

- Cave paintings depicting animal hunts and shamanic figures suggest early forms of storytelling and ritualistic performances.
- Temple pyramids and ziggurats served as monumental backdrops for religious spectacles, aligning with celestial events and societal rhythms.

SEASONAL RITUALS:

1. Key Theme in Detail:

- Seasonal rituals, marked by Mortification, Purgation, Invigoration, and Jubilation, aimed to bring about psychological and societal renewal through dramatic enactments.

2. Important Points to Remember:

- Ritual phases involved fasting, purging, and communal mourning, followed by cleansing, feasting, and celebratory performances.

- These rituals were synchronized with celestial events, emphasizing the cyclical nature of life and reinforcing societal cohesion.

3. Examples:

- Greek festivals, like the Greater Eleusinia, celebrated the myth of Demeter and Kore, symbolizing seasonal cycles and agricultural abundance.
- Modern practices, such as Greek Orthodox Easter ceremonies, echo ancient rituals of light symbolism and seasonal renewal.

THE POWER OF THE SEASONS:

1. Key Theme in Detail:

- Seasons influence human experiences, providing natural turning points, emotional associations, and narrative frameworks for storytelling.

2. Important Points to Remember:

- Writers can leverage seasonal changes to signify character growth, plot developments, and thematic transitions.
- Seasonal motifs and rituals persist in contemporary culture, shaping entertainment preferences and emotional responses.

3. Examples:

- Films often align release schedules with seasonal themes, with genres and tones varying according to cultural expectations and emotional associations.
- Seasonal metaphors in storytelling can enhance reader engagement and evoke cathartic responses, resonating with timeless human experiences.

THE WISDOM OF THE BODY

THE BODY'S ROLE IN STORYTELLING:

1. The body is heavily involved in processing and reacting to stories, not just the mind.
2. Joseph Campbell noted that archetypes in stories trigger responses in our organs, indicating a chemical response to symbolic stimuli.
3. Certain images or scenes evoke automatic emotional responses in our bodies, like tension in the stomach or comfort from protective spirits.
4. Throughout history, various forms of entertainment, from Greek drama to modern cinema, have utilized visceral effects to elicit physical reactions from audiences.
5. Advancements in technology, such as 3D and IMAX, continue to enhance the physical effects of entertainment experiences.

CRITIQUING THROUGH BODILY RESPONSES:

1. Evaluating stories can involve assessing their impact on the body, not just the mind.
2. Physical reactions like shuddering or increased heart rate can indicate a story's effectiveness.
3. Good stories often trigger multiple physical reactions simultaneously, indicating a deeper emotional engagement.
4. The concept of catharsis, a profound emotional and physical release, highlights the power of storytelling to evoke transformative experiences.

CHAKRAS AND EMOTIONAL DEVELOPMENT:

1. The chakra system provides a metaphorical framework for understanding emotional and spiritual growth.
2. Stories can be evaluated based on their ability to stimulate different chakras and evoke emotional responses.

3. Emotional breakthroughs in stories mirror the opening of higher chakras and are often accentuated by music and action.

THE ART OF STORYTELLING:

1. A good story should evoke physical responses from multiple organs, indicating its effectiveness.
2. Catharsis, a profound emotional and physical experience, is rare but deeply impactful.
3. Stories have the power to provide new perspectives and reasons to live, making storytelling a deeply meaningful pursuit for both creators and audiences.

TRUST THE PATH